



**May/June 2016**

# Center Life

NEWSLETTER OF THE GRANBY SENIOR CENTER

*Nationally Accredited since 2005*

15C North Granby Road Granby, CT 06035 • (860) 844-5352

Accredited by   
National Institute of  
Senior Centers



## Annual Memorial Day Veterans' Luncheon

**Wednesday, May 25 at Noon**

Granby Veterans are invited to lunch as a thank you for their service. The menu includes baked ham, baked beans, and more. Live patriotic themed entertainment provided by Bob Mel. FREE for Veterans, \$5 for guests. Please RSVP by May 15th to Trish 860-844-5350.



## Balance Testing

**Tuesday, June 14th 1PM-3PM**

How is your balance? If you are interested in finding out, then come join Patrick McCrystal, Physical Therapist Hartford Hospital Rehabilitation Network, for your balance assessment utilizing *The Berg Balance Test*. Depending on what your test score is, you may benefit from taking our *Matter of Balance* class in the Fall.

Space is limited.

Register now by calling 860-844-5352.



## Basket Making Class

**Monday, June 20th 10AM-2PM**

Come and learn how to make your very own desk basket. This class will be a lot of fun and maybe something new for you! MaryJo Rushlow has her

own studio in Suffield, CT and is going to bring it to the Granby Senior Center for a one day workshop. We will be breaking for lunch so please bring a bagged lunch and we will provide a treat and drinks. Cost \$25 (materials included). Please register by calling 860-844-5352, space is limited.

## Chocolate Decadence Sunset Tour

**Friday, May 27th departs at 5:00PM** 

We begin at the historic Thomaston train station where we are treated to light hors d'oeuvres as well as a glass of wine of your choice. Once "all aboard" is called the train makes its way to the Thomaston Dam where we watch the sunset over the beautiful Naugatuck Valley and make a toast with a glass of "bubbly". We then head south to Fascia's Chocolates enjoying the scenery along the Naugatuck River while enjoying pairing. At Fascia we will have a tour of the factory and will have the opportunity to taste and make your own chocolate. Cost \$82.



## Stroke Awareness: Knowledge is Power

**Tuesday, May 17th 1:00PM**

You may save a life, even your own! Did you know a stroke can happen to anyone at any time? Come and learn the common and uncommon stroke symptoms. Does a blood clot always lead to stroke? What are symptoms of blood clots? Jean Pickens from the Farmington Valley Visiting Nurse Association will provide medical information. Hear from stroke survivors about their experiences. Class size is limited. Please call 860-844-5352 to register. FREE.

## Painting With Nick

**Friday, June 17th 10AM-1PM**

No experience needed. All the supplies will be provided (canvas, paint and brushes). Please call for further details 860-844-5352. Cost \$25



# Information

## Senior Center Staff

Sandra Yost, Director.....860-844-5351  
Marisa DeLuca, Program Assistant... 860-844-5352  
Sandra Flagg, Meal Preparer.....860-844-5350  
Cindy Girolamo, Van Driver..... 860-844-5353  
Bob Lesko, Van Driver.....860-844-5353  
Trish Tappenden, Admin. Assistant...860-844-5350  
Hours.....Monday-Friday 9:00 AM to 4:00 PM  
Email..... senior@granby-ct.gov  
Website..... www.granby-ct.gov  
(click Town Departments and Senior Services)

## Senior Center Membership & Van Dues

Annual membership is \$5 for Granby residents;  
\$10 out-of-town friends. Van service available to  
Granby seniors. Annual fee is \$10.

## Mission Statement

The mission of the Granby Senior Center is to  
empower older adults to live full, independent lives  
by providing leadership on aging issues and  
enhancing the social, physical and educational well  
being for each participating individual.

# Services

## Durable Medical Equipment Loaner Closet

(Program funded in part by NCAAA, Inc.)

Donate and/or borrow gently used wheelchairs,  
walkers, canes, tub seats, etc. Created and staffed  
by the Civic Engagement Team, the Closet is  
accessed by appointment only. Call 860-844-5352.

## CHOICES Counseling (Program funded by NCAAA, Inc.)

Third Wednesday by appointment

Need help in understanding Medicare and its supple-  
ments? Our counselor will help you weigh the medi-  
cal plan options to find the right plan for your needs.

## Fighting Medicare Fraud Patrol by appointment

Helping those who may be a victim of Medicare  
fraud and abuse. Please call 860-844-5350.

# Ongoing Center Activities

## Mondays:

- Morning Coffee at 8:30 AM
- Mexican Train: a domino game at 9:45 AM

## Tuesdays:

- Community Café at noon. Reservations  
required. *Suggested donation \$2.50*
- Setback at 2:30 PM

## Wednesdays:

- Artists' Group at 9:00 AM

## Thursdays:

- Needle workers at 10:00 AM
- Community Café at noon. Reservations  
required. *Suggested donation \$2.50*

## Fridays:

- Beading at 9:30 AM

# Monthly Meetings

*Mark your calendar and don't miss out  
on these great clubs!*

## Camera Club

First Monday of the month at 7:00 PM  
Annual membership is \$10

## Civic Club

Third Thursday of the month at 1:00 PM

## Civic Engagement Team

Second Thursday of the month at 9:30 AM

## Senior Club

First Thursday of the month at 12:30 PM

## Men's Breakfast

Second Friday of the month at 8:30 AM

## Women's Breakfast

First Wednesday of the month at 8:30 AM

## Commission on Aging

Second Monday of the month at 1:30 PM

# Volunteer



## Mentoring Program

The Granby Senior Center in collaboration with the Town of Granby Youth Service Bureau is investigating a mentoring program that would pair fully background checked and trained members of our senior community with Granby youth who have been identified as in need of mentoring support. Mentors would need to be willing to have a background check completed, and would need to attend mentoring training which would take place over several training sessions. If you have any interest in learning more about this program, please contact AnneMarie, Youth Services Coordinator at 860-844-5355 or Marisa, Senior Center Program Assistant at 860-844-5352. Our goal is to implement the program this Fall 2016.

## Need Help with Yard Clean Up?

We are looking for lawns and yards to clean up this Spring. Local volunteers will come to your home in Granby and clean up your yard. This program is for members of the Granby Senior Center. Please call Marisa at 860-844-5352 for details. Restrictions apply.

## Helping Hands Needed

**Wednesday, May 25th**

**Wednesday, June 22nd**

**Anytime between 8:30AM 12:30PM**



Come and join us for *Days for Girls Internationally* ([www.daysforgirls.org](http://www.daysforgirls.org)). Sewing for women in need of sanitary products around the world. For our project to be a success we are looking for both sewers and non-sewers to volunteer their help. Please join us for an amazing cause. Help make a positive difference for others in need. To learn more please call Josie Klein at 860-653-5752 or email [josiklein@sbcglobal.net](mailto:josiklein@sbcglobal.net).

# Workshops



## Lunch for the Mind

*brought to you by the*

*Civic Engagement Education Team*

*(Program funded in part by NCAA, Inc.)*

### Failed Assassination Plots

#### On U.S. Presidents

**Wednesday, May 18th 12:30PM-2:00PM**

*Presented by Jason Scappaticci, Instructor at Manchester Community College*

Learn about the failed assassination plots of U.S. Presidents and hear more about the successful plots on President's McKinley and Garfield.

### Kitchen Witchery:

#### Making Food Your Medicine

**Wednesday, June 15th 12:30PM-2:00PM**

*Presented by Lisl Huebner, Herbalist*

Come and conjure up good health with herbs and spices.

*Cost is \$5. Bring your own brown-bagged lunch. Desserts and beverages provided.*

## Civic Engagement Team

Put your talents and skills to use. This team identifies a community need, develops a plan to address the need, and carries out the plan to completion. It is a way to make a lasting, valuable contribution to our community. Call 860-844-5352 to find out more. Meets second Thursday of the month at 9:30 AM



# Health and Wellness

## Hearing Clinic

**First Thursday of every month**

**Appointments beginning at 9:30 AM**

Dr. Christine DiRienzo A.U.D and her team will be offering hearing testing, wax removal and hearing aide cleanings all FREE!

## Foot Care Clinic with Pedi-Care

**Appointments beginning at 8:30 AM**

A specially trained nurse performs assessment of the feet and lower extremities, trimming, filing and cleaning of nails. Call 860-844-5352. *Cost is \$29. (not covered by insurance).*

## Dental Care Clinic

**Appointments beginning at 9:30 AM**

Licensed dental hygienist provides complete dental cleaning. *Cost is \$70.*

## FREE Blood Pressure Checks

**Every Thursday 11:00 AM - 12:30 PM**

Courtesy of the Farmington Valley Visiting Nurses Association. Held in the Senior Center Community Room.

**Chair Massage** with Bev Harris

**First, third and fifth Tuesday of the month by appointment** *15 minute massage is \$10.*

**Reiki** with Tannia Hotchkiss

**Second & fourth Tuesday of the month**

**by appointment** Reiki treatment is believed to aid in reducing stress and anxiety. *Half hour session is \$20.*

**Ask the Attorney** with Kraner & Hess

First Wednesday of the month at 10:00 AM  
Specializing in Elder Law. Please call for an appointment. 860-844-5352 *FREE*

## Alzheimer's Caregiver Support Group

**Second Tuesday of the month at 10:00 AM**

Help group for persons caring for someone with Alzheimer's. Facilitated by Peggy Coburn.

## On Grief and Loss

**Second and fourth Wednesday at 2:30 PM**



Through discussion this group will help you in understanding an coping with grief. You will find support, information and strategies for helping you with the grieving process. Led by Jane Johnson, creator of *Bryan's Landing* and the *Our Children's Garden* in Salmon Brook Park.

## Grandparent Group

**Thursdays at Noon;** except the Second Thursday of month at 7:00 PM

A group for grandparents who are raising their grandchildren. Join others, like yourself, to share friendships, ideas, and tips on being a parent again. *FREE* (Program funded in part by NCAAA, Inc.)

## MS Support Group

**Second & fourth Monday 1:00 pm**

Self help group for persons with Multiple Sclerosis and their caregivers.



## Healthy Minds

**by appointment**



Situations such as the death of a loved one, failing health or strained family relationships can be daunting to face alone. Working with Colleen Golnik, licensed Marriage and Family Therapist, may help you move forward with the better part of life. Call 860-844-5352 to schedule a confidential appointment. *Suggested donation: \$20 per session, free for those who qualify.*


Program funded in part by NCAAA, Inc.



# *Fitness for All*

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## **Monday**



**Beginning Tai Chi at 9:00 AM**—One of the best exercises for balance and fall prevention, Tai Chi provides concentrated breathing, balance, postural alignment and meditation in a relaxed atmosphere. Instructor Judy Laiuppa.

**Smart Moves at 11:15 AM**—Primarily chair-based, this class offers individuals with joint concerns a gentle yet powerful way to increase joint mobility and range of motion. Need a greater challenge? Take the Advanced class on Wednesdays. Instructor Paula Pirog.

**Cardio & Strength at 4:30 PM**—Combination of aerobics and strength training to give you a total body workout. Instructor Mary Fuller.

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## **Tuesday**

**Basic Training for Men 8:30 AM**  
**Muscle Work for Women 9:30 AM**

Use hand-held weights, medicine balls and resistance bands to increase muscle tone and build stamina. Instructor, Jen Dzielak

**Chair Yoga at 2:30 PM**  
Enhanced breathing, increased blood flow, reduced tension and better posture are achieved through the various yoga poses. *Great for those with limited mobility!*

**Yoga at 4:30 PM**  
Thoughtful breathing and controlled postures. Instructor Paula Pirog.



## **Wednesday**

**Tone-up Tune-up at 10:15 AM**—Move to the music of the 50's, 60's and 70's. This is a low impact cardiovascular workout with intervals of weight work for upper and lower body strengthening. Exercise your brain and your body while learning simple movement patterns and laughing with friends. This workout does not go to the floor; core training performed seated or standing. Instructor Mary Fuller.

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## **Thursday**

**Pilates Fusion at 4:30 PM**—This high energy fusion workout focuses on core strengthening and total body sculpting. Set to popular music, this class uses light weights to strengthen and define the upper body while Pilates and ballet inspired exercises target the lower body and core. Form is emphasized with no prior experience needed. Instructor Mary Fuller.

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## **Friday**

**Advanced Tai Chi at 9:00 AM**  
The name says it all. Those who wish to take Advanced Tai Chi should speak with Instructor Judy Laiuppa.

**Cardio Combo at 10:15 AM**  
Quicker pace and more aerobics. Instructor Mary Fuller.



## **Sunday**

**Peak at 8:00 AM** For the weekend warrior! Vigorous aerobics and weights. Instructor, Jennifer Dzielak.

**Cost:** Cash or Checks accepted. (Checks payable to the *Town of Granby*.)  
Drop-in rate is \$8. Discounts apply when purchasing a "session" of classes. Session rates are \$6/class for Granby residents and \$7/class for non-Granby residents.

**Exercise Class Guidelines:** Choose the right class level. *We can help!*  
Bring water. Wear sneakers and comfortable clothing. Use an exercise mat for floor work.



# Granby Senior Van Service

Call **860-844-5353** to schedule your appointments.

## **Schedule:**

The Senior Vans operate Monday through Friday from 9:00 AM - 4:00 PM

### **Mondays and Thursdays**

Granby Center errands (pharmacy, bank and post office) and grocery shopping trips

### **Tuesdays and Thursdays**

Community Café at the Senior Center

### **Daily (with advanced reservations only)**

Personal care appointments (doctor visits, etc)

Out of town medical appointments may be made no earlier than 9:30 AM and no later than 2:00 PM.

## **Shopping Trips:** \$3 each trip

### **Ocean State Job Lot & Big Y in Southwick**

Tuesday, May 3 at 1:30 PM

Tuesday, June 7 at 1:30 PM

### **Holyoke Mall**

Friday, May 6 at 9:30 AM

### **Enfield Mall**

Friday, June 3

### **Walmart & Target**

Friday, May 27 at 12:30 PM

### **Walmart**

Friday, June 24 at 12:30 PM

## **Transportation Action Program (TAP)**

Volunteer drivers offer free medical appointment transport. Call **860-264-6131** to leave a message.

## *Social Services*

The focus of the **Social Services Department** is to coordinate existing federal, state, regional and local services, to increase community awareness of these services and to develop new programs to meet the needs of Granby residents. Call 860-844-5350.

### **Elderly (65+) or Disabled RENTERS REBATE**

The Social Services office (located at the Granby Senior Center) will be taking applications for the *Renters Rebate* program starting in April. An appointment is necessary to complete the application process. Applicant must have turned 65 years of age by the end of 2015. Persons *under* 65 years of age who are receiving Social Security Disability are also eligible. Checks are mailed October 15, 2016. The qualifying income guidelines are as follows: Single person—income cannot exceed \$35,200 and for Married couples income cannot exceed \$42,900. Contact the Social Services office at 860-844-5350 for an appointment. If unsure that you would qualify call the office and we can prescreen over the phone.

**The last day to apply is September 30th.**

### **Requirements** (not comprehensive):

- Must have rented in Granby, CT during 2015 and currently reside in Connecticut
- Provide proof of rent paid in 2015. (rent receipts from landlord or cancelled checks)
- Provide proof of actual bills paid in 2015 for electricity, gas, water & fuel
- Bring in proof of income:
  - \*Form SSA 1099
  - \*Benefits Verification Letter
  - \*Pensions; Veteran's Pension, Railroad Retirement
  - \*Legal Settlements—Net Proceeds
  - \*Any other source of income such as Alimony,
  - \*Workers compensation; IRA distributions; wages, bonuses, commissions, etc.

# Excursions



**PLEASE NOTE:** Registration requires up-to-date membership and van dues. Registration begins May 1st  
Unless noted, lunch is *not* included in trip cost.

## Leroy Anderson Historic Site

Wednesday, May 4th departs at 8:45am

Visit Grassy hill, the mid-century modern home of this beloved American composer (Sleigh Ride, Typewriter and Syncopated Clock). Lunch at Carole Peck's Good News Café which is one of the first farm-to-table creators. Cost \$9

## Wilson's Dept. Store, Greenfield, Mass

Wednesday, May 11th departs 8:45am

Wilson's is a traditional "downtown" department store with something for everyone. Stops also at *Pekarski's Sausage* and *Richardson's* chocolates. Lunch at *Lady Killigrew's* in Montague Center. Cost \$4

## Goodspeed Musical: "Anything Goes"

Wednesday May 18th departs at 10:15am

This is a Classic Broadway musical with music by Cole Porter performed in the Goodspeed's usual high style. You may have the choice to eat lunch at *Gelston House* or *LaVita*. There are also picnic tables available if you decide to pack your own. Cost \$69

## Roberto's Restaurant, East Windsor

Friday, May 20th departs at 10:30am

Formerly Jonathon Pasco's, *Roberto's* looks to be a good bet for an enjoyable lunch in a pleasant and updated atmosphere. Followed by a leisurely ride to appreciate springtime scenery. Cost \$3

## Niantic Shore

Wednesday, May 25th departs at 8:30am

A morning visit to one of the area beaches followed by a shore lunch at Flanders Fish Market and a stop at the Book Barn and ice cream. Lunch is on your own. Cost \$4

## Glebe House Museum & Gardens

Wednesday, June 1st departs at 8:45am

Located in Woodbury, Glebe House is the Revolution era home of the Episcopal church in America. The gardens were designed by the prominent British garden designer Gertrude Jekyll. Lunch will be at the Marketplace followed by a visit to Earth Tones Nursery. Cost \$9

## Watch Hill Rhode Island

Wednesday, June 8th departs at 8:30am

Spend a leisurely day at Watch Hill. Visit all the shops and have lunch at the Olympic Tea Room and then stroll the beach for some shells. Cost \$4

## Russell Inn and Country Drive

Friday, June 10th departs at 10:00am

Good food at a good value, the Russell Inn is a favorite for lunch. We will stop at the Bread Basket which is a fantastic bakery and deli. Cost \$4

## Berkshire Botanical Gardens

Tuesday, June 14th departs at 8:45am

At The Berkshire Botanical Gardens we will have a guided tour of 23 display gardens in a casual country setting highlighting plants of the region. After a relaxed lunch at No. Six Depot we will visit the craft shop and studio of mobile designer Joel Hotchkiss. Cost \$11

## "Lunch on the Run" at Max Fish

Wednesday, June 22nd departs at 10:30am.

This is a bit more up scale fish house in Glastonbury and folks who attended last time thought it was well worth it. Followed by a leisurely ride home. Cost \$4

## Museum of Rhode Island School of Design

Wednesday, June 29th departs at 8:00am.

Located in Historic downtown Providence this ranks as one of the world's leading colleges of art and design. Collections are from Ancient times to the present. Lunch will be in the Museum. Cost \$14



## Chocolate Decadence Sunset Tour


Friday, May 27th departs at 5:00pm

See the Front Page  
for details!



 = level ground, minimal walking

 = moderate difficulty

 = lots of walking

Center Life  
Town of Granby  
Senior Center  
Granby, CT 06035



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**Delivery by May 1, 2016**



### **Hula for Health & Happiness:**

**Thursdays 2:00PM – 3:00PM**

No matter your age, gender or body type dancing the Hula engages your body, mind and spirit. Learn about this traditional Hawaiian dance. Classes will be offered at no cost. Call to register, space is limited.

### **Try Line Dancing for the fun of it!**

**Mondays 1:30PM – 2:30PM**

Come join us for a fun class with Lorraine Brodsky. Doesn't matter if you have never lined dance before or if you are an experienced dancer come out and dance! Drop in. Free.



The Senior Center is conveniently located within the Municipal Complex at:  
15C North Granby Road, Granby, CT 06035 Tel. 860-844-5352

Your comments, suggestions, and feedback are always welcome.  
Please call Marisa at 860-844-5352 or email: [senior@granby-ct.gov](mailto:senior@granby-ct.gov)

**The Senior Center will be closed on  
May 30, 2016: Memorial Day**